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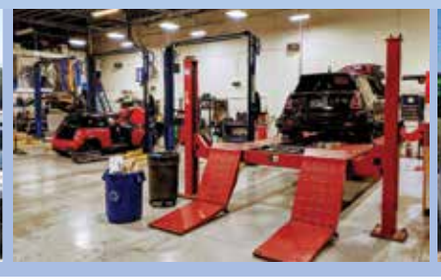

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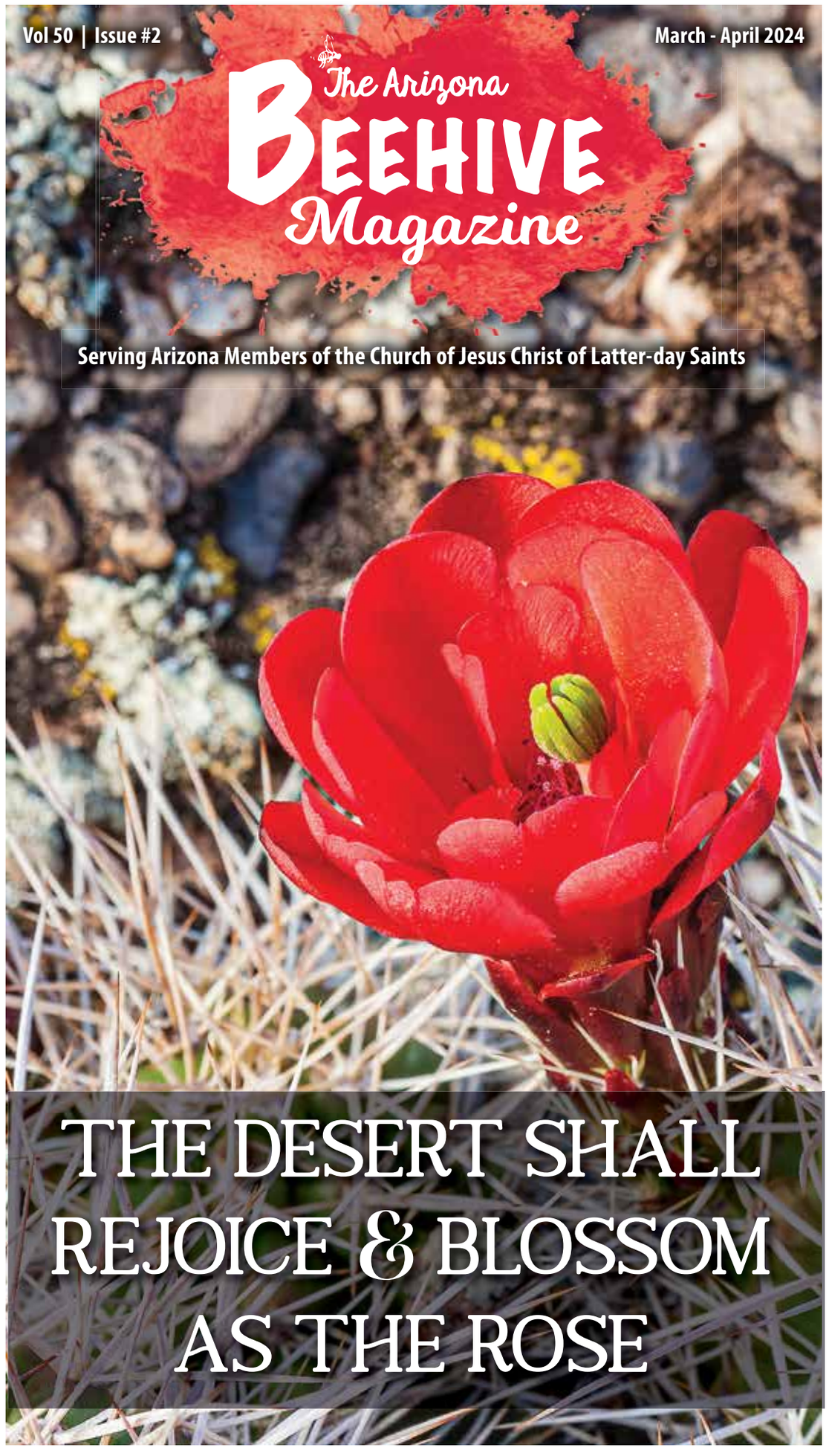
Vol 50 | Issue #2 March - April 2024

# The Arizona Beehive Magazine

Serving Arizona Members of the Church of Jesus Christ of Latter-day Saints



## THE DESERT SHALL REJOICE & BLOSSOM AS THE ROSE

# ON THE COVER

*Isaiah 35:1*

***Happy Spring!***

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## Guardians of a Musical Legacy

# MESA CITY BAND

By Robin Finlinson

Fun fact: The City of Mesa, Arizona has had its own concert band since 1898! The kind of band with brass, woodwinds and percussion that plays rousing historic marches, contemporary show tunes and more. The band has undergone a few of name changes over the years, having first been called the Mesa Band Boys, then the Tri-City Band, but today's band is of the same lineage as the first band.

As its concert programs state "The Mesa City Band is dedicated to keeping the history and musical legacy of the community band in America alive and well." Band members practice every Wednesday evening at Carson Junior High School and typically perform in concerts around the East Valley at least once a month.

Tony and Irene Bamrick are two of several band members who have been part of it for decades. In fact, they're the longest continuous members, having joined the band together almost 53 years ago, in 1971. "Tony and I started playing with them, and we've never stopped," says Irene. "We just love it—being with them." The Bamricks met as students playing in the University of Arizona's band. She plays flute and piccolo; he plays trumpet. After years of moving wherever Tony's US Air Force assignments took them, they settled in Mesa and discovered the Mesa City Band. It's been their cherished mid-week date night all these years.

Director Larry Baedke joined in 1984 as a trumpet player. He sat next to good friend Tony Bamrick from then until becoming Band Director in 2006. Tony jokes that he's still mad at Larry for leaving the trumpet section. But Larry was destined for directorship, having directed Mesa's Poston Junior High School band for 32 years and teaching music elsewhere for eight years before that. He still keeps up with the trumpet though, and is even a member of Territorial Brass, Arizona's official historical brass band.

Assistant Director Chris Perry has

*Continued on pg. 5*

Photo by Robin Finlinson

**The 2024 Mesa City Band Executive Board. Front row, left to right: Loretta Rite, President; Honey Kimmel; Larry Baedke, Director; Donna Johnson, Vice-President; Irene Bamrick, Librarian. Back Row: George Bock; Matt Wharton; Chris Perry, Assistant Director; Bobbie Foot; Pam Wolfe; Tony Bamrick, Treasurer. Not Pictured: Connie Young, Secretary; Jane Cummins; Harvey Cefalu; Russell Colby.**

## What's The Buzz?

# JOY

When things go awry, I recite a thought in my head as a way to properly deal with the resulting situation: God gives us such experiences to provide opportunities to apply what we learn in church!

Stub my toe? Time to apply the *For The Strength of Youth* counsel to use clean language. Get cut off in traffic? What an opportunity to apply all the lessons I've taught and talks I've heard about patience. My ward is currently dealing with the repercussions of thieves raiding and destroying our building's air conditioning system as they "mined" for copper. What a splendid time to apply the scriptural "second greatest" commandment to "love my neighbor as I love myself, and God"! And to throw in a good measure of forgiveness to boot...

Am I grateful for these opportunities? I'll just say that my rebellious Irish tempered attitude determines that I'd be more grateful if such opportunities did not exist. But my Gospel-taught spirit directs me otherwise.

Our Stake President shared during Stake Conference the thought of finding joy in serving, joy in our profession, our families, our callings, our relationships. It should not be frustrating, but rather joyfully fulfilling to solve problems and improve all aspects of our lives. The natural human screams in our minds otherwise. The spiritual being embraces the lifestyle of "men are, that they might have joy." (2Nephi 2:25)

In the past I interpreted this scripture as having joy only in the afterlife. Because I reasoned that while joyful episodes do happen in mortality, life is hard and joy is something to anticipate once we pass all tests this earth administers. Then I absorbed the idea that joy is found during mortality as a result of conversion to Christ. When life gets cranky, we can and do turn to Christ who overcame all. When I get salty, I recall an October 2016 Russell M. Nelson talk in which he exclaimed "...the joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives. When the focus of our lives is on God's plan of salvation ... and Jesus Christ and His gospel, we can feel joy regardless of what is happening - or not happening - in our lives. Joy comes from and because of Him. He is the source of all joy... For Latter-day Saints, Jesus Chris is joy!"

Since we pattern our lives after The Great Exemplar, we too can be full of joy even as we roast during church due to lack of air conditioning.

One thing is for sure: It is a joy to publish each issue of *The Arizona Beehive Magazine*. Thank you for reading ...

Michael O'Brien
Publisher


The Arizona Beehive Magazine

The Arizona Beehive, LLC
1225 West Main Street, Suite 101-439
Mesa, Arizona 85201
480.304.5646
ArizonaBeehiveMagazine.com

**PUBLISHER**
Michael O'Brien
BeehiveAdvSales@gmail.com

**EDITOR**
Michael O'Brien
BeehiveAdvSales@gmail.com

**GRAPHIC DESIGN**
Leslie Thompson - Layout
Candace Khattab - Ad Design

**PHOTOGRAPHY**
Robin Finlinson

**SOCIAL MEDIA**
Grace O'Brien

**CONTRIBUTING WRITERS**
Jill Adair
Allison Beckert
Emily Jex Boyle
Robin Finlinson
Lin Sue Flood
Myra Larsen
Rauna Mortensen
Katherine Ogden
Glen & Lynne Tolman
Cindy R. Williams

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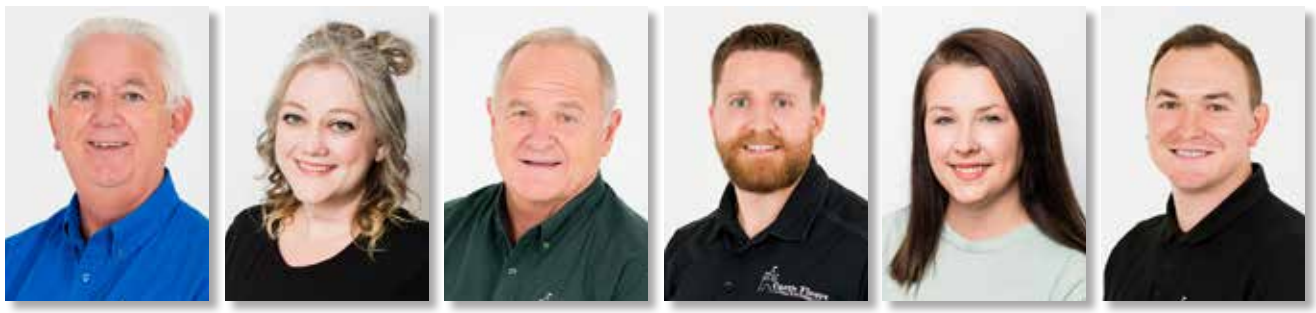

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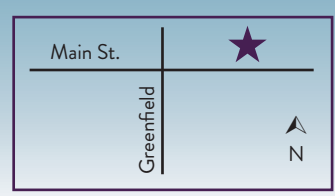


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Assistant Director Chris Perry. Photo by Robin Finlinson

**Mesa City Band**
**Continued from pg. 2**

held his title since 2010, and also plays percussion in the band. His numerous current musical endeavors include being Associate Director of the East Valley Pops Orchestra and Music Director and organist at St. Mark's Episcopal Church in Mesa.

"We don't have auditions," Larry disclosed, when asked how well a band member needs to be able to play. "When somebody contacts me and wants to consider joining the band, we're going to see how comfortable they are when they come. In many ways, they're auditioning us, and they're seeing what we're all about."

Membership doesn't require having taught music and band for 47 years, as Irene did; however, it does require being able to read printed music. Some music is quite challenging. Joining the group might give the needed incentive to become good enough to play it! Such is the case for some members.

A song recently added to the band's repertoire celebrates another American tradition: baseball. In 1925, baseball's High Commissioner contacted John Philip Sousa asking him to compose something for the 50th anniversary of the National League. Being a big fan of the sport himself, Sousa wrote "The National Game March." Actual baseball bats are used as instruments a couple of times in the song. The Bamricks were driving a few years ago when they heard the piece on SiriusXM radio. While they attempted to locate published copies of the music, it was finally released for downloading on the website of the United States Marine Band. With the Arizona Diamondbacks in the World Series this year, its release came at the perfect time.

The theme song of the film "The Magnificent Seven" is a popular piece they play at some concerts, as is "Silverado," which features their extraordinarily talented French horn section.

One of the band's most entertaining pieces is "Bugler's Holiday." Tony recounts a story about playing it one time. "We got done with the concert, and this guy says, 'I'll give you 100 bucks if you'll play it again.' So we did. And then he said, 'I'll give you another 100 if you do it again.' I think we did it 3 times. And he said, 'I'll give you 200 if you'll do it again.' We said, 'No. We'd take your 200, but we're done.'"

Larry picks a variety of music for each concert. "I remember playing a concert as a kid," he says. "It was a Christmas concert and we played 12 pieces. Ten of them were marches." He won't do that to his band. "Not if he likes being band director he won't," Tony quips.

There are 13 board members. Each is a band member with a specific "job." Plus, there are five section leaders and four at-large representatives. That builds longevity. People can promote up into positions they'd like. It also helps with communication. "They can see what we're doing behind the scenes, rather than just coming and playing and going home," Larry says. As band librarian, for example, Irene keeps their five nearly-full legal-size file cabinets of music organized.

The season begins with their first practice in August and runs through their last concert in April. Concert locations include Leisure World, retirement resorts and apartment complexes with an entertainment hall. They usually perform at the annual Salute to Veterans concert, and they play Christmas concerts at various venues, including the Mesa Tree Lighting.

"It's so fun to watch the audience respond with excitement," Irene says. "A lot of times they'll give extra donations just because they liked the concert so well."

They do one special concert every 4th of July for the people becoming U.S. citizens at Mesa's naturalization ceremony at Centennial Hall. The ceremony is part

***Continued on pg. 7***

Photo by Robin Finlinson
**Director Larry Baedke.**

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## Mesa City Band

Continued from pg. 5

of the city's annual "Celebration of Freedom" event. "It's a very moving experience," Larry says.

Tony, the band's treasurer, says they're happy to play just about anywhere they can. However, they're limited to working with Carson Junior High's schedule and do not typically perform on weekends. They ask for $500 - $600 to cover expenses—particularly the cost of renting a truck to transport their equipment.

The Director and Assistant Director also receive a small stipend. As a 501(c)(3) nonprofit, the band cannot ask for dues. They do ask members for a $35 donation for the season, but only if they're able to give it.

Some band members are members of The Church of Jesus Christ of Latter-day Saints, but most are not. It's truly a community band, in which people of any/no religious affiliation are equally welcome, with members living in various parts of the Valley—from Phoenix to Gold Canyon, and Scottsdale to Chandler.

The band currently has openings for additional members, especially younger mucisians. There's room for a few clarinets, one trumpet, and perhaps one of another instrument section. Larry says, "The room we rehearse in dictates how many instruments we can have, so we're limited to around 60 people. And we try to keep the instrumentation balanced."

They play for both public and private events. Visit their website to see their concert schedule. Everyone is welcome at concerts labeled "public."

Please contact Larry Baedke at LCBaedke@aol.com if interested in possibly becoming a band member or to book the band for your venue.

To make a financial donation:

- Visit the website: www.MesaCityBand.com.
- Or use the QR code shown below:
- See also www.facebook.com/mesacityband/ and www.youtube.com/@mesacitybandinc3884.

Mesa City Band's extraordinarily talented French Horn section. Photo by Robin Finlinson

Photo by Robin Finlinson

Church of Jesus Christ of Latter-day Saints member Matthew Wharton plays his trumpet at a recent Mesa City Band practice. Cindy Biggs sits to his right, Dan Anderson to his left.

Photo courtesy of Mesa City Band.

Mesa City Band marching in a parade on July 4, 1946. Five of the members were Mesa High School students. The rest were alumni of the school.

Mesa City Band in 1997. Photo courtesy of Mesa City Band

Photo courtesy of Mesa City Band

Mesa City Band in 1974. They had just performed an early morning program on the Fourth of July. They performed again that evening for a fireworks show.

Mesa City Band in 2021. Photo courtesy of Mesa City Band

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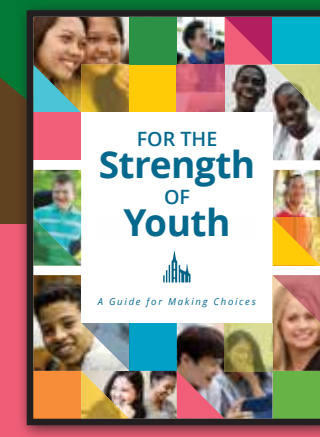
## Helping Youth To Make Inspired Choices

By Allison Beckert

# Navigating the Digital World




In today's digital age, the influence of social media and online platforms is undeniable. As we seek to uphold principles of faith and prepare our youth to keep sacred covenants, it's crucial to provide guidance and support in navigating this complex digital landscape. By aligning our approach with the principles outlined in the *For the Strength of Youth* handbook, we can empower our young people to walk in God's light while embracing the opportunities and challenges of the digital world.

The *For the Strength of Youth* handbook emphasizes the importance of walking in God's light, which includes seeking out uplifting and wholesome content. As we apply this principle to our digital lives, we can encourage our youth to use social media and online platforms as tools for enhancing positive real-life relationships and improving in-person social skills.

Algorithms rule what comes across our screens, making what we see there feel like chance or luck. But our decisions on what to let play and what we search tell these programs what to send. Dwelling on offensive material to debate it, comment against it, or battle other viewers on whether it's suitable will only encourage the programs to display more on your own feed. Scroll away quickly, block offensive accounts, but most importantly view wholesome posts fully, interact, and comment on these to indicate more of this uplifting content is what you want.

While social media and online services offer numerous benefits, they also come with risks. Parents would be prudent to take a proactive approach to ensure the safety and well-being of their children online. This includes implementing measures to protect your and your children's personal information. Practice strong password usage and guard all personal identifying information closely like birthdates, personal email addresses, and location information.

Navigating the digital world with faith and rationality requires a balance of trust, open communication, and guidance. Parents must cultivate trust in their children while also providing the necessary guidance and support to help them make wise choices online. Find ways to work within your child's interests while encouraging safe practices and boundaries of what is and isn't appropriate for your child's age and maturity. By teaching principles of good sense and faith, we can empower our children to navigate the digital world with confidence and integrity.

Photo by Monoar Rahman Rony from Pixabay

Navigating the digital world requires a proactive approach that aligns with our values and principles. By following the guidance outlined in the *For the Strength of Youth* handbook and taking proactive measures to ensure safety and well-being online, we can empower our youth to walk in God's light while embracing the opportunities of the rapidly changing digital landscape. With good guidance and the support of other parents and faithful leaders, we can navigate this journey together, ensuring that our children grow and thrive in both the physical and digital realms.

# GATHERING OF TRIBES

## Video Podcast Focused on Creating Community For Indigenous Members

By Allison Beckert

Gathering of Tribes is a YouTube channel focused on creating a community of faithful members who are also members of indigenous tribes. In their new program for Come Follow Me they're taking the perspective of their heritage, as members of indigenous tribes who have roots among the peoples in the Book of Mormon and for whom the book was written. The subject matter for Come Follow Me is very flexible, and their perspective is a powerful one, beneficial to their existing community as well as to new listeners, families, and teachers within the Church.

The video podcast gives the feeling of sitting down with your friends at a fireside some weeks, and other weeks like a Sunday School lesson in your home ward. They create a welcoming environment with approachable hosts who live their heritage and faith together. Gathering of Tribes brings together a beautiful collection of members from different tribes spread through North America and more. This is the spirit of the gathering spoken of in the scriptures - a unity of faith.

Come Follow Me, from its inception and even more so over the years, centers on facilitating learning within families and in the home. A mother and father team, Rachel Crouse and Chuck Kaye, are members of the Hopi Nation and share their passion for the gospel with this project.

"We want everyone to listen," says Sister Crouse. "I believe those who will benefit most from our podcast are those who feel they don't belong in the Church and struggle with their faith because of that. We want those people to feel seen and heard. I also think this podcast is a great tool for those who want to know the *Book of Mormon* from the perspective of those whose ancestors may have sat at the feet of the Savior when he came to the Americas. Indigenous people have a strong connection to the Creator and that connection is a part of every aspect of life. Learning from people who have that in their spiritual DNA is a great blessing to anyone who wants to strengthen their relationship with Jesus Christ."

While Sister Crouse and Brother Kaye take their worthy turns, the trend of guest speakers is one of the more exciting aspects of their program. Tom Pittman started off with insight on the witnesses, both official and unofficial, of the *Book of Mormon*. Anthony Rivera was a highlight with his expertise in ancient scripture backed by his position with BYU. It's a delight to connect other creators and enhance the network, and having Andrea Hales, of Tribe of Testimonies, was a particular treat.

Listeners can find new episodes live on YouTube on Wednesdays. Visit Gathering of Tribes and view their Come Follow Me playlist. Subscribe and turn on notifications to keep up, and while there consider joining in with Talking Stick where discussion takes the lead on the lesson each week.

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# Then What?

## Organizing Your Family Photos and Stories

By Lynne Tolman

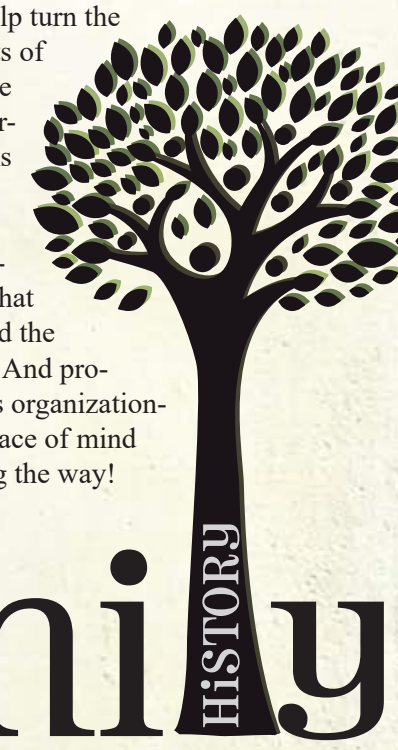
I have19 photo albums that I stopped filling with pictures over 10 years ago. But I didn't stop taking pictures! We do things that create memories and we take pictures, we share them with friends and family, and then what? Many of us have thousands of pictures that we have to sort through if we want the one that we can see in our mind that will go perfectly with the poster, card or PowerPoint we are making. Then what? That is the question. Are they lost and stuck on our phones or computers forever? Will our family go through them after we are gone?

Familysearch.org has a wonderful section called "Memories" where pictures and stories can be posted permanently. I would love to know more about my great grandparents that died before my mom was born, and someday someone will want to know more about me and my life. So where do I start to share my life with others? There are as many ways as there are people, so you have to find what works best for you. I have tried different things and finally through some trial and error I have come up with what works best for me. Maybe this will give you some ideas of what can work for you.

I started out by adding tons of pictures of my dad in the Navy. I have pictures of him in his uniform, on the ship on which he sailed, by the side of the ship, and with my mom when they were dating. Looking at things from a story telling point of view, I decided that the best way to use pictures is to find those pictures that have a story with them and add them to the story after it is written. For example: My dad was at Bikini Atoll when they dropped the Able and Baker atomic bombs for testing. He wrote the history of that experience which I added to familysearch.org. I then found pictures of him in his uniform, of his ship, his dog tags, and a few other pictures that supported the story. Now people can read the story and see the pictures that go with the story, instead of going through all of the pictures and wondering about their context.

Courtesy of telegraph.co.uk. Credit: John Lawrence

Another example: My daughter got married on 11/11/2011 at 11 in the morning. I wrote this story then added the wedding picture and her wedding certificate to the story. I am being more selective when combining stories with pictures, working to paint a picture of the lives these people lived. This way, when others come across my ancestor's profiles in familysearch.org they will get a glimpse into their lives and who they were. I still have photos that don't have associated stories, but I have titled, tagged, and entered a date and a place on them. Some also have a brief description. Such effort works to help turn the hearts of future generations to their families that paved the way. And provides organizational peace of mind along the way!





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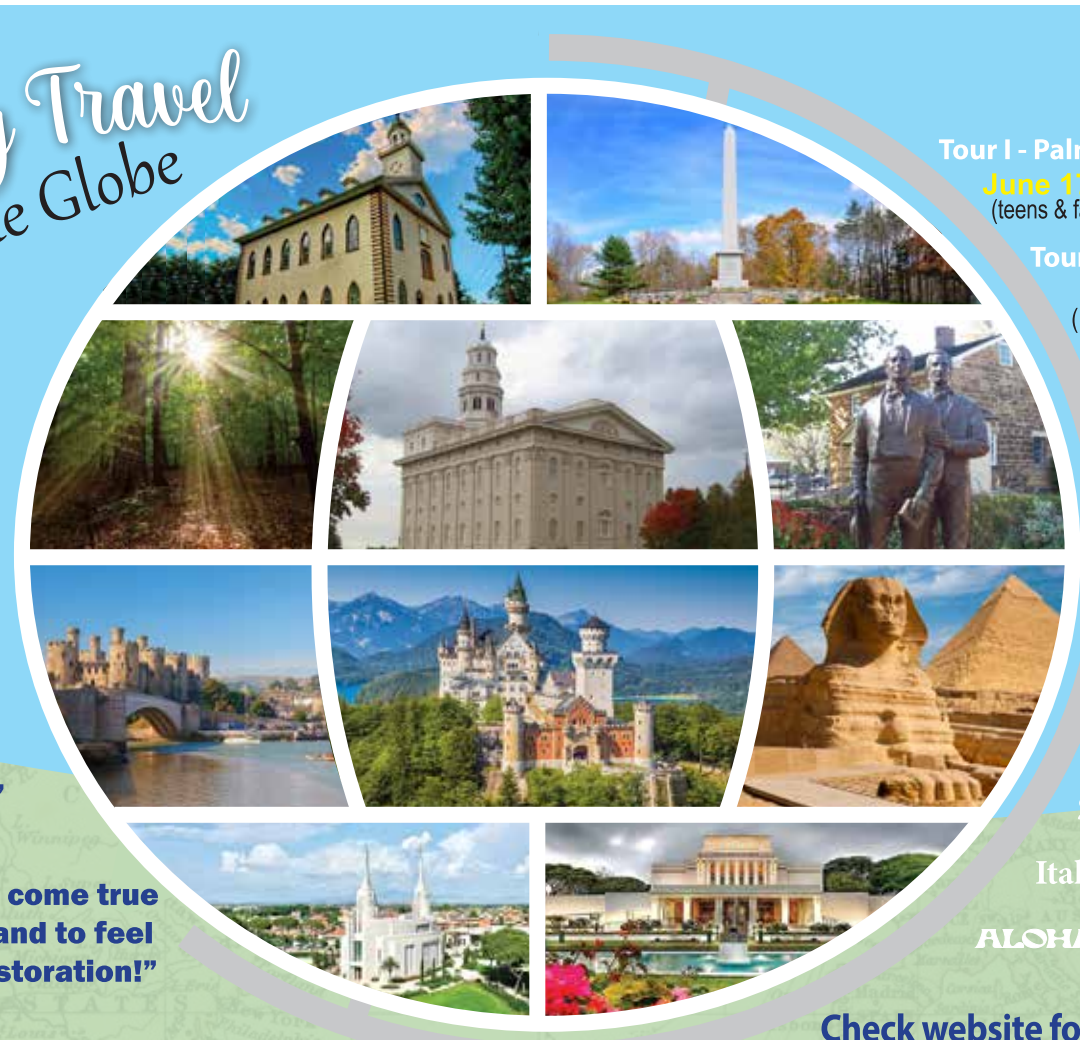

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(teens & families)

Tour II - Missouri to Nauvoo to Winter Quarters
July 20-26, Sept 14-20, Oct 12-18
(Nauvoo Pageants)

Tour III - Tours I & II combined!
July 8-19, Sept 23-Oct 4
(Nauvoo Pageants)

Kirtland Week - Aug 5-10

Sharon to Palmyra to Kirtland
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# Mesa Easter Pageant 2024

## Musical Production of "Jesus the Christ" Celebrates Easter Story

### 10 Interesting Facts about the Mesa Easter Pageant

1. The production actually started in 1938 as a Sunrise Service at the Mesa Arizona Temple.
2. The sunrise service continued for nearly 30 years as a choral presentation, featuring sacred music that was linked with a brief narration, focusing on the life of Jesus Christ. In 1963 (its 25 anniversary), a local TV station began broadcasting the service on Easter morning.
3. In 1966, Irwin Phelps, who was the drama teacher at Mesa Community College, became the director and had a vision of a more dramatic production. He wrote a new script, depicting the story of Jesus with a costumed cast posed in tableaux (motionless actors that recreated iconic paintings of Christ) atop a makeshift stage made of cotton trailers. This production debuted in 1967 and was called an Easter Pageant, which, by one definition, means an outdoor performance of a historical scene.
4. From 1938 to 2018, there was only one year that it wasn't held: 1975. Why? Because the open house for the temple's first renovation was being held that spring.
5. In 1977, the one-day sunrise service blossomed into a two-evening event prior to Easter that featured hundreds involved in the cast and crew, multiple stages, theatrical lighting, live animals and a new soundtrack recording.
6. So successful were the evening performances in 1977 that pageant officials expanded 1978's performances to four evenings prior to Easter. This time a total of 40,000 people attended.
7. In 1996, the production, which ran for six nights that year, was presented entirely in Spanish one of the evenings. The Spanish soundtrack had been a work in progress over several years—first the narration and then the lyrics were translated—and the finished program was received with reverence and appreciation.
8. Attendance generally tops 100,000 people during the two weeks of performances prior to Easter. This year, it is presented nine times.
9. Most recently, the pageant script and score were rewritten under the direction of local composer Rob Gardner, whose recent work includes "Lamb of God: The Concert Film." The pageant script comes almost entirely from the King James Version of the Holy Bible. The music was recorded with the London Symphony Orchestra in January 2022, followed by the singing voices and narration recorded locally.
10. "Jesus the Christ" is not a passion play focusing on the crucifixion, rather, it is a heartfelt celebration of the life, teachings and resurrection of the Savior, and invites all to come unto Him and partake of the "good news" that is His gospel.

**By Jill Adair**

This Easter season, Mesa, Arizona will once again be home to the state-of-the-art theatrical production of "Jesus the Christ," an outdoor musical dramatization of the greatest story ever told!

Through music, dance, drama and a cast of more than 450 performing on a massive stage, "Mesa Easter Pageant: Jesus the Christ" depicts the powerful and poignant moments of the life of Jesus Christ. Witness awe-inspiring, miraculous events surrounding Jesus' life as recorded in the New Testament, including: His humble birth, His healing miracles, His walk on the raging Sea of Galilee, His raising the dead, His crucifixion on the cross, and His glorious resurrection.

This musical stage production for the whole family comes to life with special effects and live animals. The soundtrack for "Jesus the Christ: The Mesa Easter Pageant" was composed and produced by Rob Gardner and performed by the London Symphony Orchestra and Spire Chorus.

This FREE 70-minute program runs Wednesday, March 20, through Saturday, March 23, and Tuesday, March 26, through Saturday, March 30. Each evening's performance begins at 8 p.m. on the north lawn of the Mesa Arizona Temple, 455 E. Main St. in downtown Mesa.

The Easter celebration has been a community holiday tradition in downtown Mesa since 1938. No tickets are necessary. This free event is presented as a gift to the community in celebration of Easter.

Each evening there are 400 headphones available for live Spanish translation. Please find these headphones at the top of the stairs on the south side of the seating. ASL is offered during the first week of performances only in the front north seating area.

Saving seats policy: A person must be present to save seats and should not save more than four seats. Seats may not be saved at 7:30 p.m. Unattended items will be removed (and taken to the Visitors' Center, 455 E. Main St.)

There are 9,500 chairs available each evening; it is recommended that guests should arrive at least one hour early for performances during the first week and two hours (or more) during the second week. Bringing food and water is acceptable. On colder nights, blankets are suggested.

The Mesa Drive/Main Street Valley Metro light rail station is located a short walking distance from the venue. Free parking is available nearby, and parking for persons with disabilities is located in the south parking lot of the temple, in the southeast section of the lot. Please respect "No parking" signs and residential driveways.

Visit MesaTemple.org for more information and check out the FAQ section at Easter Pageant MesaTemple.org. Other questions about the Mesa Easter Pageant or events at the Mesa Temple Visitors' Center should be directed to the Pageant Hotline at 480-447-5818 or mesatempleevents@gmail.com.

# Opportunity, Community & Justice For Kids

## *OCJ Kids Helping Foster and At-risk Children*

By Katherine Ogden

Photo courtesy of Tamara Webb

**Gary and Tamara Webb, co-founders of OCJ Kids.**

Gary and Tamara Webb had been serving as youth pastors for 20 years with The Assembly of God church. One day, Gary was talking to staff member, Andi McDowell, at a local foster group home and felt prompted by God to ask the question, "Who is helping these kids?"

"They are the faceless generation. They are the forgotten ones. No one is helping them on their journey," she said. Her statement impacted him so much that he knew he had to do something.

Shortly after in 2005, Opportunity Community and Justice for Kids (OCJ Kids) was formed. Their mission is to provide opportunity, create community and fight for justice for foster and at-risk kids. The vision is to connect and create purposeful futures for these same kids, in foster care and group homes. "I want to change the culture of foster care in Arizona, and create resilient foster kids," says Gary.

**Some of the resources they have created for foster kids/Dept. of Children's Services (DCS) and group homes include:**

- Emergency removal/Go kits (DCS)
- Cuddle bags: includes a teddy bear and a blanket (DCS)
- Welcome kits (both DCS and group homes)
- Transition Kits/Suitcases (DCS/group homes): "Many times they leave with all their belongings in black trash bags," says Tamara. "We want to give them the message that their belongings are not trash."
- InterAct Projects (DCS/group homes): helps with motor skills, life skills and self-esteem
- Cell Phones: they're provided a free cell phone for 6 months, with the commitment that they check in regularly, to help them in finding a job or attending school
- Baby Kits for teen moms: includes bottles and handmade blankets
- Project Restoring Dignity: which is a "for girls" program. Many have been victims of incest or being molested, many come from drug houses and have never been taught basics about reproduction (they also receive two new bras)

**OCJ Kids also conducts "Big Events" throughout the year, which include:**

- Summer Reading Program: the kids get to pick a book to keep with each visit.
- Bearazona Visit: a tour through the wildlife park, lunch and then walk through the zoo.
- Adulting Summit: learning how to make resumes and practice mock interviews.

Photo courtesy of Tamara Webb

**Child welcoming Santa at the One Bright Star Christmas party.**

- Tools 4 Success: the kids get to pick out their own backpacks with school supplies.
- The One Bright Star Christmas Party: they close down a bowling alley for two days; everyone gets new socks & underwear plus a personalized gift.

"Everything comes about, here at OCJ, because we've seen a need for it," says Tamara.

They have no government funding, but run on private and corporate

*Continued on pg. 18*


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# What's Cooking?

By The Arizona Beehive Magazine

# IRISH STEW

## EVERYBODY'S IRISH ON ST. PATRICK'S DAY!

St. Patty's Day is about enjoying things Irish: shamrocks, your Irish ancestors, music and cooking an Irish feast. This recipe may have its roots in the traditional approach, but by using browned beef with additional seasonings, a much richer flavor is imparted. The potatoes will tend to fall apart some, which is OK, as it helps thicken the stew. So, let's cut the blarney and get to cookin'!

## INGREDIENTS

Photo courtesy of Wikipedia

- 6 thick slices bacon
- 2 lbs. stew beef, cut in medium chunks
- 5 large garlic cloves, minced
- 2 lbs. potatoes, peeled, quartered
- 2 large onions, quartered
- 2 large carrots, peeled and cut into 2-inch segments
- 1 turnip, peeled and roughly chopped
- 1 tsp. dried thyme
- 2-3 bay leaves
- 1 tsp. dried basil
- Salt and freshly ground black pepper, to taste
- 1 quart water, warmed
- 2 T fresh chopped parsley

## INSTRUCTIONS

Heat a large (6-quart), thick-bottomed Dutch oven on medium heat. Gently cook the bacon, rendering its fat, for a few minutes on each side, until lightly browned. Remove bacon to a paper-towel-lined plate; when cooled, chop and set aside. Remove all but 2 T of bacon fat from the pan.

Increase the heat to medium high. Working in batches, brown the beef chunks on all sides. With the last batch, add garlic and sauté for about 1 more minute.

Layer the meat and vegetables in the pan. Start with a layer of half of the meat, and add half of the potatoes, turnip, carrots and chopped bacon. Add the remainder of meat and top with remaining vegetables. Add thyme, bay leaves, basil, salt and pepper.

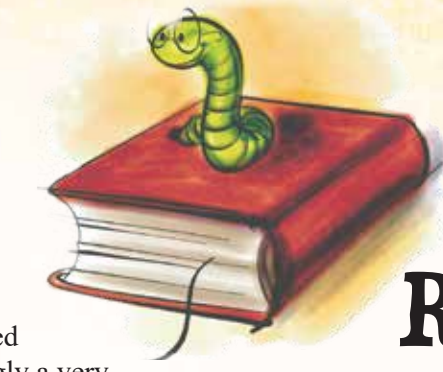
Add water or stock to the pot. Bring to a boil. Reduce and let simmer, covered, but with the lid slightly ajar, for 1 & 1/2 to 2 hours, until the meat is tender.

Once done remove the bay leaves and skim any excess fat from the stew. Adjust seasonings, adding salt and pepper to taste. If needed, to thicken the broth, mash some of the potatoes into the liquid.

Dish into bowls and garnish with chopped parsley and some of the remaining bacon bits. Serves 8-10.

# Great Grandmother Writes Special Easter Book!

By Cindy R. Williams



# Beehive BOOK REVIEW

Beulah Martin, a Great-Grandmother, has accomplished something many people only dream of: She has published her first book.

Martin and her husband are residents of the Phoenix Valley, where they raised their eight children and are now the grandparents of seventeen grandchildren and three great-grandchildren.

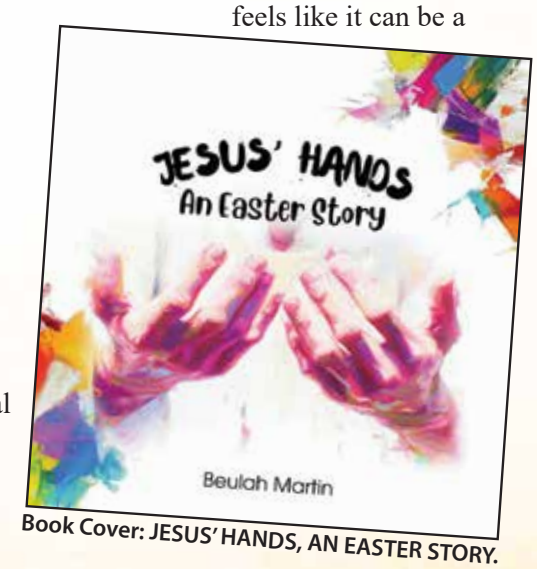
Author Beulah Martin.

Martin's book, JESUS' HANDS, AN EASTER STORY was released just in time for Easter. Martin says, "It's is the story of Jesus' life as seen from His perspective in vision."

She further explains, "Early one morning, around 4 am, I woke from a very troubling dream. I could see someone wringing their hands, and they were crying. I came to know that this was Jesus and He was weeping as He was allowed to see the works of His hands on His earthly mission. The crying was not sad, but more happy as it was shown to Him how important His work would be and how much benefit He would have being able to use His hands.

"I got up and wrote down the dream in my journal along with some ideas of different scenes that depicted Jesus' hands."

Martin shares more about writing this book. "The process from the dream to having it published was surprisingly a very short time, only about four weeks. I credit that to the help of the Holy Spirit. From beginning to end, I felt we were being blessed. The story feels like it can be a helpful tool to increase the testimony of Jesus and His atonement, and God is helping it become possible."




Book Cover: JESUS' HANDS, AN EASTER STORY.

Martin's son, Randy Martin, is the illustrator.

Martin says, "Randy is a very creative and talented man. He has a good eye for art and style. The guideline I gave him was a list of the scenes that I wanted. He was free to develop the pictures as they came to him. I was delighted with his ability to picture the Savior in the many settings. I do believe the pictures are a big part of the telling of the story. They create so much meaning and emotions. I was very happy with the process."

JESUS' HANDS, AN EASTER STORY, is available on Amazon.

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# The Tongue of Angels

By Emily Jex Boyle

Those that have studied to learn a new language know that while the exercise of doing so is thrilling and frustrating, it opens the mind and turns it to mush. Whether working with a phone app or registering for a study abroad program, language study is a journey requiring consistent practice and exposure as keys to success.

In the *Book of Mormon*, Nephi explains to "speak with the tongue of angels," is a fruit of receiving and listening to the Holy Ghost. He continues, "Angels speak by the power of the Holy Ghost; wherefore, they speak the words of Christ." This scripture invites believers to "feast upon the words of Christ," for they will "tell you all things what ye should do." (2 Nephi 32:2-3) These verses suggest speaking with the tongue of angels may be accomplished with more than words.

Photo courtesy of Fine Art Photographic Library/CORBIS

How can we learn to grow our proficiency in speaking with the tongue of angels? When referring to our own native language, we might use the term *mother tongue.* In many countries, the word *tongue* is used to describe language. For example, *langue* (French), *lingua* (Italian) and язык (Russian).

**What is language?**

According to Merriam Webster, *language* is defined as, "the words, their pronunciation, and the methods of combining them used and understood by a community." Webster also includes the following definitions:

- Audible, articulate, meaningful sound as produced by the action of the vocal organs
- A systematic means of communicating ideas or feelings by the use of conventionalized signs, sounds, gestures, or marks having understood meanings
- The suggestion by objects, actions, or conditions of associated ideas or feelings

These definitions expand our perspective. Just as body language, stop lights, memes, instrumental music are means to communicate, there could be a variety of ways this angelic language might be expressed and received among us. As all things are in motion on earth at the molecular level, in essence all things are in communication. Does not the sharing of a fresh loaf of banana bread or Arizona oranges send a heavenly unspoken vibe?

**Learning a language takes practice**

A few years ago, our family adjusted a commonly known adage: Practice makes progress. Just as learning to walk, riding a bike, or driving a car takes time to master, learning to speak with the tongue of angels is not something at which we become proficient in a day, week or even a lifetime. Thankfully, the scriptures and life experiences teach us the language.

**Learning a language takes exposure**

In life, we find ourselves belonging to unofficial clubs we never wanted or expected to join: the abused, parents who have buried a child, family members of loved ones who face addiction or prison time, grandparents who don't see their grandchildren, etc. We gain unexpected experience in our suffering, which allows relating and communicating with fellow club members.

In the Bible, John refers to our Savior as the Word, describing infinite evidence of God's love for humanity. Still today, the comfort of the Word continues to find the marginalized and the suffering around the world through those willing to try, albeit imperfectly, to love their neighbor with the tongue of angels.

# On The Turf With A Disc

## Collegiate Disc Golf National Champion Tailey Rowley

By Emily Jex Boyle

Last Spring, at the base of the Blue Ridge mountains in North Carolina, the BYU Disc Golf Team competed in the Collegiate Disc Golf National Championship and made their mark. Tailey Rowley placed first in the Division I Women's Singles event, scoring 5 over par. Later, Rowley and Hannah Hunter placed a nail biting second place for the Division I Women's team event.

Students from BYU had worked together in 2022 to get to the championship for the first time. In their second championship, the BYU disc golf team certainly left their mark.

Rowley has been featured in the BYU Alumni Magazine and other news articles as well as interviewed on BYU Sports Nation. Considered a BYUSA club, the team practices at the Smith Fieldhouse. Following a successful student-led fundraising campaign, students came together to start competing two years ago.

Photo Courtesy of Tailey Rowley

**Tailey Rowley on the course in Marion, North Carolina at the Collegiate Disc Golf Championship in April 2023. Rowley can throw 375 feet—that's longer than a football field.**

### A FAMILY THING

Rowley grew up playing softball and volleyball. As a newlywed, you could say she learned quickly that family time for her in-laws was on the turf with a disc as she started playing disc golf, and liked it. She was throwing 150 feet further than some of her opponents. Back in Provo, she and her husband, Finnis Quick, would play near the Utah State Hospital. One day, while playing, Rowley was approached by Hunter about joining the BYU team. At the championship and in other games, Rowley's husband is at her side, as caddy and coach.

### LOVE FOR THE GAME

Accustomed to larger team sports, it's been a new experience for Rowley to play solo or in a pair. She enjoys how disc golf helps her learn to be her own team. "Competing against yourself is nice because it's all up to you, you're not relying on someone else." For Rowley, disc golf is therapeutic and challenging. "To be in nature," she explains, "it helps a lot; you're in a calm place. It's nice to be alone [there]."

There is a meditative aspect in the game. Having learned breathing techniques while studying at BYU, Tailey says, "I usually take a deep breath and get a grip before I throw. If you're on edge at all, your game will be off." Similar to a free throw shooter's rituals in basketball, there is space in disc golf for concentrated attention and personalized methods. In Rowley's mind, the game is always asking this: Can you perform under pressure? She loves to throw a nice shot and just watch it fly. "I can't control a lot in life, but I can control this, and it's super fun."

### THE LEGACY

Stepping in line with 3 previous generations of BYU graduates, Rowley completed her studies at the school with a bachelor's degree in Human Development along with a minor in Philosophy.

Following graduation, she signed with Discraft as a sponsor and has turned to professional tournaments as well as coaching. At time of printing, Rowley and her husband are set to welcome their firstborn. No doubt, the family tradition to get out and play will continue.

Photo Courtesy of Tailey Rowley

**2023 Division I National Collegiate Disc Golf Champion.**


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### OJC Kids Helping Foster Kids

**Continued from pg. 14**

grants, AZ tax credits and other donations. They were included in 2022 Giving Machine project, which raised around $40,000 for the organization.

They also have wonderful volunteers, from many church groups, including LDS women's and young women's groups that regularly help out. They currently have four LDS service missionaries who serve there, plus 8 proselyting missionaries that also

*Continued on pg. 19*

Photo courtesy of Tamara Webb

**Steven Webb, Events Director at OCJ Kids, reading books to the children.**

# Emotional Resilience

## Looking After Our Mental Wellness

**By Allison Beckert**

In the sacred journey of life, we often prioritize the health of our bodies and spirits, but what about the well-being of our minds and hearts? Within the Church, leaders are bringing mental health to the front. Resources have blossomed, conversations have opened. Our efforts and attention help spot issues in time to call for help, and practical tools for individuals make or break our resilience in the face of life's common challenges.

Photo by Tiyo Prasetyo from Pixabay

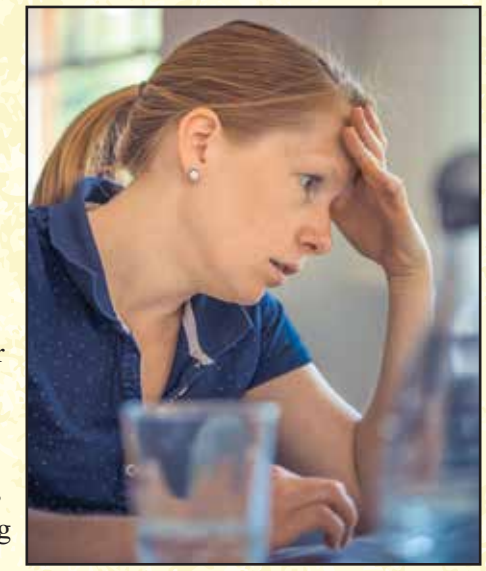
**Counseling and asking for help**

Breaking free from the stigma surrounding mental health is the first step toward nurturing our souls. This stigma is coming down generally, but our own internal resistance can be a stumbling block to be addressed by ourselves and the Lord. Anxiety, depression, and high stress affect many within our wards and stakes. Recognizing the signs and promoting self-awareness are crucial in addressing these challenges head-on and preventing them from escalating in ourselves and our loved ones.

Our faith is a source of strength in times of need. By incorporating spiritual practices, scriptures, and seeking divine guidance, we enhance our emotional resilience. Faith becomes a guiding light, offering solace and hope amidst life's tribulations. If this sounds daunting, working with others while embarking on the Church's "Self-Reliance" course on Emotional Resilience is specifically tailored to foster our faith in times of stress and strain.

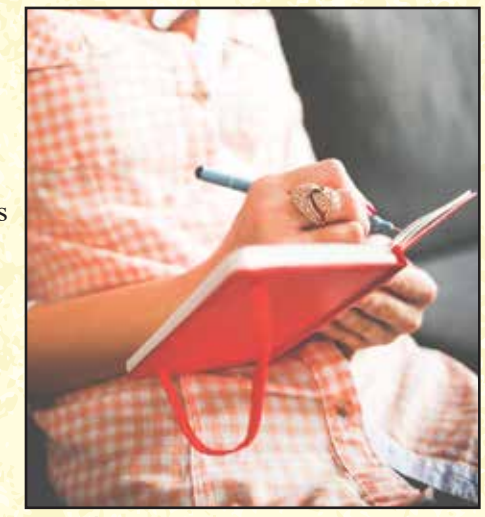
Mindfulness, meditation, and journaling serve as valuable tools in maintaining mental and emotional well-being and can be practiced anywhere. Honesty with ourselves is essential, so put aside the idea of journaling for posterity for a bit when making use of this tool. Establishing healthy boundaries and prioritizing self-care are essential practices often overlooked but crucial for a balanced life. There is no shame in putting yourself and your very real needs first and insisting on space to maintain your health.

Aligning mental/emotional hygiene with our religious duties is not only compatible but necessary. While there's a trite saying "you can't pour from an empty cup", rest is essential to keeping your clinical levels of stress hormone under control. Cortisol, (a steroid hormone that is produced by your 2 adrenal glands, which sit on top of each kidney) especially in high levels over an extended period, can affect your immune response, nerve response, and memory. Balancing responsibilities while prioritizing personal well-being is not selfish but a sacred duty to ourselves and others.



**Stress** Photo by Pexels from Pixabay

Addressing common barriers to mental health awareness within faith communities is essential. A lack of experience and education on the subject can make the subject and diagnoses frightening or frustrating. The Church has been working on this awareness. This effort includes providing resources for seeking professional help when needed. Resources can be sought through your bishopric, including emergency counseling, recommended therapists, and financial assistance if needed.



**Journaling 1** Photo by PicJumbo

Tending to our health should include some regular efforts to maintain our mental health. Relieving stress, improving communication, fostering connection, and seeing to our inner voice goes a long way to ensure the Spirit can be heard loud and clear. As we walk this path together, let our souls find solace, strength, resilience, and peace that comes from a balanced mind and heart.

**OJC Kids Helping Foster Kids**
**Continued from pg. 18**

volunteer during their time off.

"We've had the great pleasure of working with the organization OCJ Kids for many years now," shared Travis Fredde, Program Manager for several group homes in Mesa. "They offer many events throughout the year for kids in group homes and the foster care system. We attend a back to school event where the kids receive a backpack, school supplies and a fresh haircut for the new school year. They also put on an amazing event every year that the kids can't wait for, during the Christmas holidays, which allows the kids to go bowling and hang out with Santa. They also put on workshops to help kids make a resume and do mock interviews. This is only a small list of things they offer but they are always there for us whenever we call them and need something for one of the kids that reside in our group homes."

OCJ Kids serves the entire Phoenix valley, Winslow, Globe, Tucson, Douglas and Yuma. For more information on services or how to donate, please visit their website at https://ocjkids.org.

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# If A Cowboy Says He's The Real McCoy...

## Cowboy Poet Extraordinaire, Rolf M. Flake

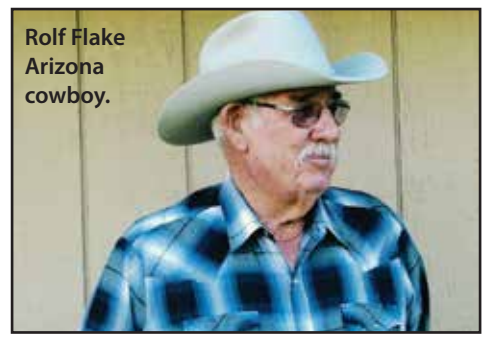
By Rauna Mortensen

"You can tell an Arizona cowman, but you sure can't tell him much."

Some cowboy poets fantasize what ranching life would be like and come up with a poem. Some are adept at reciting poems written by others at cowboy poetry gatherings around the Southwest. But Rolf M. Flake of Gilbert, Arizona is the real deal, born to a seventh-generation ranching family in Snowflake, Arizona and spending a lifetime raising and herding cattle, auctioning them off, mending fences, appraising ranch property and living the simple and hard-working life of a true cattle man.

*If a cowboy says he's the "real McCoy"*
*And you want to know for sure—*
*Just look on the bottom of his boot*
*And check for cow manure.*

As a child, Rolf's large extended family would often gather north of Snowflake and burn cedar trees for a grand bonfire. While the kids rollicked in the desert, the dads would cook dinner in Dutch ovens and the moms got a needed rest and chance to visit. Then everyone would sit around for an impromptu program. Each uncle would be called on to sing or recite, and Rolf grew to love the sway of the rhyme and meter telling a great story.



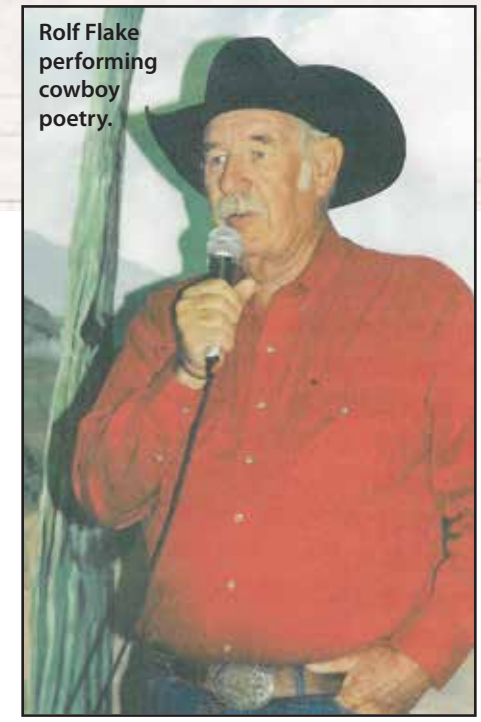
Rolf Flake Arizona cowboy.

All photos by Jean Flake

By his 50's, Rolf had a broad collection of lived experiences with ranch life and one day began putting them to verse. He completed his first five poems in that first hour, and the rest is history. He's now written over 200 poems and published a book of his cowboy poetry, *Cloud Watchers*, and two books of his stories: *Looking Back: Slices of Life* and *Looking Back: More Slices of Life*.

Rolf and Jean Flake.

*It's the toughest time of year on cows,*
*Just before it starts to rain—*
*Their calves are sucking, growing fast—*
*Really puts 'em under strain.*
*It happens this way every year—*
*We're put right to the test.*
*Our faith is tried and proven, too,*
*By the "One" who knows us best.*



Rolf Flake performing cowboy poetry.

His fireplace mantle displays some prestigious awards from his cowboy poetry gathering performances, including the Legacy Award given in Prescott last August, just shy of his 92nd birthday. He has also been invited to perform since the 1980's in New Mexico, Texas, Colorado, Utah, and Nevada. Memorization took place while herding cattle, with his poor dog sometimes whining that she had heard that poem enough!

**Continued on pg. 24**

a new leaf
helping families, changing lives

## Serve Your Local Community!

**A New Leaf is looking for kind people like you to make an impact in our local AZ community through JustServe**

You can find exciting opportunities to serve your local community on A New Leaf's JustServe page today. Find projects such as:

- Preparing meals at a local homeless shelter
- Putting together hygiene kits for homeless families
- Painting murals at local community centers

We believe people like you can truly make the world a better place - one person, one project, one hour at a time. Only by taking action today will our community move towards a better, brighter future! Join us today!

**Visit: JustServe.org/ANewLeaf**

## Comedy Corner

Billy asked his mother, "Where do people come from?" She answered that God made Adam and Eve and they had children who had children and eventually the earth had many people.

Next, Billy asked his father, "Where do people come from?" His father said, "Millions of years ago in a pond of water a cell came alive and divided. From there fish evolved and then amphibians and mammals came about. Eventually in thousands of years, monkeys and apes and gorillas evolved into men and women."

The confused boy returned to his mother saying, "One of you is lying!", as he rehearsed the two different stories.

The mother responded by saying, "Billy neither dad nor I are lying. Dad told you where HIS side of the family came from. I told you where MY side is from!"

# Use It Up. Wear It Out. Make It Do. Do Without
# Rag Bag Treasures

By Myra Larsen

Photo courtesy of John Taggart for The New York Times

When the stock market crashed resulting in the Great Depression, about one-fourth of the US workforce was thrown out of work. The survival motto became "Use it up, wear it out, make do or do without." Today's economic picture encourages us to re-invent that motto to stay financially self-reliant.

What treasures might come out of your rag bag? Don't have one? Your local thrift store can help you with that. Contact the stores in your area and ask, "Do you sell rag bags of used clothing that are not wearable?" If the answer is "Yes!" pay the store a visit and secure your bag!

The first thing you'll want to do is wash the contents. Then engage your imagination and creativity. Take out your scissors, standard and pinking shears. Three or four sorting containers will be helpful. Sort the items by clothing type. This will keep you organized as you determine how each item will be used.

Here are some suggestions to get you started. Think about your workshop, garage, kitchen, etc. Consider sizes of the shirts in your bag. Are there buttons? What kind of fabric?

A large man's shirt without stains can be re-imagined becoming a toddler girl's summer dress. If there are spots preventing that, cut it up for shop rags.

Soft fabrics can be cut into handkerchief sizes for your tears or drippy nose. Trim the fabric around shirt pockets for a hankie holder. Include the snap flap if there is one. You can fold or roll your new wipe to fit inside. Keep one in your pocket or purse, or the side storage in your vehicle.

Have you noticed cute containers and gift boxes in thrift stores and wondered how you might use them? They are great for holding your rag bag "tissues." On a dresser top or table, only you will see what's inside, unless you allow someone to know how frugal you are.

Collars off knit shirts can be used to polish leather dress shoes. Make a collar/vest to fill a too-large neckline. Decide which fabrics will make good dish towels. Small hand towels can be topped with cotton straps to hang over the sink or drawer handles. A little sewing will be needed here, along with any buttons you have rescued.

Are there towels with holes or stains too ugly to consider them as "make do" options? These will work just fine for camping or car washing. No more ruining your wonderful, thick comfy bath towels!

Do you need some tying cords to secure a rolled bedroll? A flag wrapped around its pole? Tying a vine around the frame? The hems of a large t-shirt can be cut off for that purpose. Have some on hand for an unexpected need.

How else can you use your creativity to find more uses for your rag bag? The possibilities are endless.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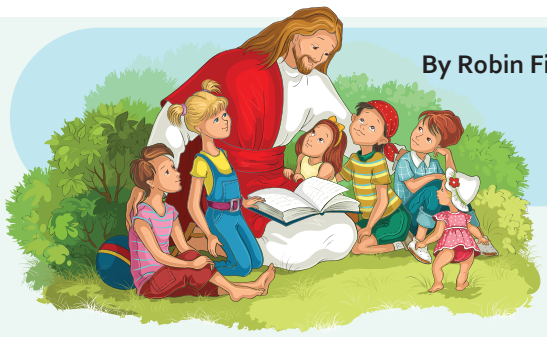


By Robin Finlinson

# Come Follow Me

This article supports readings scheduled in the manual titled *Come, Follow Me—For Home and Church* in March, 2024—specifically in the book of Second Nephi of the Book of Mormon. Except where noted, all verses of scripture referenced are in Second Nephi.

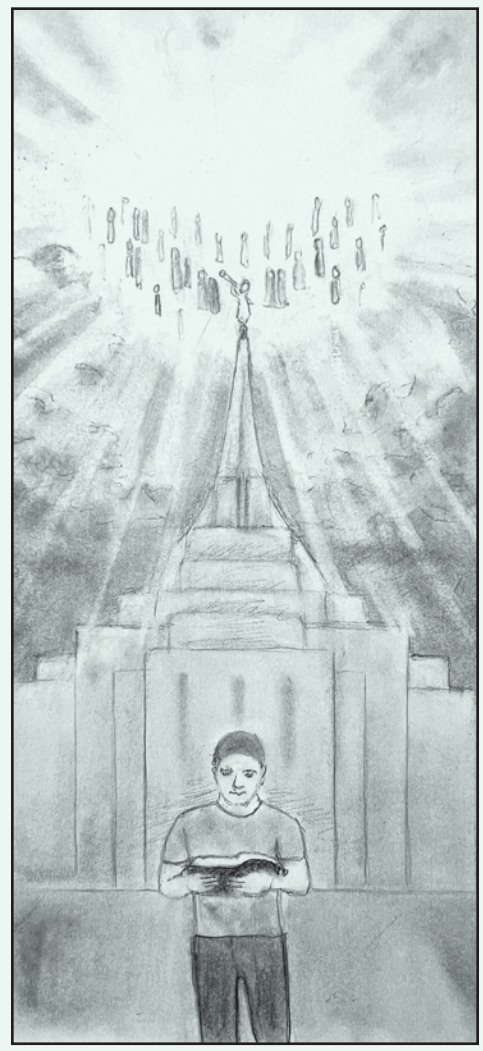
## The Lord's Pattern of Layer Upon Layer

Elder David A. Bednar has taught, "The Book of Mormon is a book about the future." The prophets who wrote and compiled it knew that events and conditions in our day would be similar to theirs, so they focused their writings on things beneficial to us. (1)

In Second Nephi, the prophets Nephi, Jacob and Lehi—often while quoting Isaiah—encouraged us to seek the remarkable blessings that come from increasing in layer upon layer of knowledge and understanding. How? Not surprisingly, by feasting on the scriptures, praying, and going "up to the mountain of the Lord" (the temple) (2 Nephi 4:15; 12:2-3; 32:3, 9).

The Lord "giveth light unto the understanding[,]" Nephi said. (31:3). Those who receive "line upon line" will keep receiving (28:30) and will:

- Know where to look for salvation (25:23, 26)
- Have knowledge lost of Jesus Christ and their ancestors restored to them (30:4-5)
- "...walk in the light of the Lord" (12:5)
- Speak "by the power of the Holy Ghost" and "with the tongue of angels" (31:14; 32:2-3)
- Enjoy a period of one thousand years when people will not harm each other, "for the earth shall be full of the knowledge of the Lord, as the waters cover the sea" (21:9)



**The Lord offers layers of protection to those who choose to follow Him, and layers of reward for staying on that route. They both include ever-increasing light, knowledge and family. Original art-work by Tanner Finlinson, age 16.**

In 1915, during WWI, and three years before the influenza pandemic struck, President Jedediah M. Grant of the First Presidency made a great point about knowledge. He said, "Why is it that the Latter-day Saints are perfectly calm and serene among all the convulsions of the earth—the turmoil, strife, war, pestilence, famine and distress of nations? It is because the spirit of prophecy has made known to us that such things would actually transpire upon the earth." (See also 2 Nephi 22:2.)

Being witnesses to the fulfillment of numerous prophesies, we know to believe in and prepare for them. We also look forward to the monumental amount of good yet to come.

Here are a few other examples of the Lord's pattern of layers:

- He offers layers of covenants with Him, from baptism to the sealing of families eternally. If we embrace the protective layers of family that we're given (except for truly abusive family members that we must stay away from), we can eventually enjoy the reward of living among every righteous generational layer, extending back to Adam and Eve, and branching out in every direction (3:3-4; 12:2-3; 29:14; 30:2; 31:11-12).
- We need to continue to "press forward with a steadfastness in Christ" until we break through the layers of time—every day and year that we're given—and reach the eternities (31:20).
- If we become spiritually inert, layers of false doctrine settle upon our minds. It helps to dust them off regularly with the undulation of our eyes reading the word of God.
- Shortly before the Holy One of Israel comes to reign on earth, layers of unpleasant consequences will cover those who reject His protections and are fooled into rejecting Him and persecuting His people. Their coverings will be ashes, worms, the crushing awareness of their guilt… (1:10-11; 6:10-15; 15:24; 24:11; 26:10, 17; 27:26; 28:9-15; 28:26-29; 29:1-14; Alma 12:14).

The grand design of Jesus Christ includes helping one another (31:20). He adds what only He can, protectively covering and cleansing us with the infinite layer of His atoning blood. And He settles all who accept that unimaginable gift in an eternal home in one of the layers of heaven (2:7-8; 9:7).

(1) Elder David A. Bednar, speaking to Latter-day Saints in the nation of Jordan in 2021.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# Meaningful Service

## A New Leaf Volunteer Kelly Geisler

By A New Leaf

Kelly Geisler (center) with teammates Keri and Bridget.

Kelly Geisler is a trailblazing social entrepreneur in her community, pouring her heart into meaningful acts of service for those in need. She believes service is not only a way to create positive change in the world, but also to improve your own character and sense of purpose.

This is why she started her own nonprofit, Cultivate Goodness. Cultivate Goodness is a place for volunteers to find different opportunities around the Valley to help their neighbors experiencing crisis. Her mission is to provide a one stop shop for volunteers and organizations to find each other.

This is where she first found A New Leaf, a local nonprofit offering food, shelter, and support to families facing homelessness, domestic violence, and other challenges.

Kelly has loyally served through A New Leaf for over a decade. She makes patriotic blankets for veterans recovering from homelessness. She donates presents during the holidays for families who don't have the means to give their children Christmas gifts. Kelly and her team of dedicated volunteers also regularly serve meals at A New Leaf's shelters such as Autumn House, Desert Leaf, and the East Valley Men's Center.

Most impressive, Kelly's kindness extends far beyond A New Leaf. Cultivate Goodness has served dozens of other non-profits across Phoenix. This remarkable drive to create an impact in the lives of others is guided by Kelly's deep faith. She sees each act of service as a step towards fulfilling her purpose, inspired by a profound belief in God. Kelly lives to serve those who need it most, and to serve God in creating a better place for all.

Through Cultivate Goodness and her partnership with A New Leaf, Kelly Geisler exemplifies the power of one person's vision to foster a movement of compassion and care. Her story is a heartfelt reminder of the difference we can make in the lives of others and the transformative power of kindness and service. If you would like to join Kelly in her work, please visit www.Cultivate-Goodness.org and learn more today!

# Honey Bee

## Employment Assistance At Deseret Industries

By Myra Larsen

Photos courtesy of deseretindustries.org

Every year Deseret Industries provides a source of training for those who need a little extra boost towards a reliable income. And you thought they only offer great pre-owned clothing and household merchandise to the community! That is true, also, and people are needed to sort and display donations which are made available for sale at retail locations. Opportunities to build furniture or to learn how to repair household appliances are also available.

Founded by The Church of Jesus Christ of Latter-day Saints in 1938 as a training facility, Deseret Industries currently supports 46 stores and over 9000 individuals. Over thirty-five million items have been sold since its establishment, providing great merchandise to the public at reasonable prices.

While members of all faiths are welcome to work at Deseret Industries, all participants are expected to honor and follow church standards. Following are three stories of people enjoying the results of their Deseret Industries employment and training.

P. R. B. is a young man who was working to secure a college degree and needed a part-time job. He was able to work at the Mesa, Arizona Deseret Industries retail store for several months. He completed his degree and now works in the Missouri zoning and planning department.

J. L. B. is a young woman who received her desired training a Deseret Industries store. This led to employment working in another thrift store sorting and displaying donations. She moved on from there to work as a teacher's aide, exclaiming that her time at Deseret Industries was the best job she ever had!

D. S. is a young man who was trained to operate heavy machinery by Deseret Industries. This helped him to become a certified operator and become eligible for a professional job.

Deseret Industries "helps those enrolled in the program improve their lives through work, training, and education." This builds confidence while a person receives support in considering career opportunities and enters the job search process. Deseret means "honey bee" (Ether 2:3). The honeybee represents hard work, productivity, and collaboration; all qualities that Deseret Industries offers today.

To find a location near you at which to shop, donate or explore a work opportunity, visit deseretindustries.org.

# JUSTSERVE

## Don't Wait To Choose Your Person

By Lin Sue Flood

National research shows that only about a third of Americans have created a living will or advance healthcare directive. Most of us have not put our medical decisions in writing or even discussed them with doctors or family members. If there's a medical emergency and we cannot communicate, how will anyone know what our wishes are?

Three nonprofit organizations — Mercy Care, Hospice of the Valley and Contexture — are launching a community education campaign to ensure that Arizonans' wishes are honored.

Choose Your Person is an awareness campaign urging all adults to choose someone to be their healthcare power of attorney. Whether it's a sibling, spouse or best friend, this person is entrusted with following your directives. Healthcare professionals recommend doing this now, before there is a serious medical condition, accident or emergency.

"Taking that first step can be empowering. It prompts those important conversations about end-of-life care with your loved ones and doctors," said Melissa Kotrys, CEO of Contexture, the leading health information exchange in Arizona.

"We're excited to partner on this new initiative to help more people with advance care planning," said Debbie Shumway, executive director of Hospice of the Valley. "Families who make these decisions together have peace of mind because they know exactly what their loved ones want."

**Adults, young and old, healthy as well as sick, should choose a healthcare advocate.**

Hospice of the Valley and Contexture are hosting free workshops to help people complete their advance directives– engaging their combined network of healthcare providers, long-term care facilities, faith communities, community-based organizations, civic groups, colleges and businesses. The campaign focuses on all adults– young and old, healthy as well as sick, with a special focus on those living with dementia and underserved communities less likely to discuss advance care planning.

Once complete, healthcare documents can be easily uploaded to the Arizona Health Care Directives Registry. This secure site allows physicians and family members to instantly access them in times of need. There's no rummaging through drawers or files to locate papers in an emergency.

"We want Arizona residents to understand the value of healthcare providers having access to your end-of-life wishes in real time, at the point of care," said Lorry Bottrill, CEO of Mercy Care, which is funding the campaign through a grant.

If your organization or business would like to schedule a workshop, please email chooseyourperson@contexture.org. Visit ChooseYourPerson.org to learn more.

The free event below is open to the public. Officials with the AZ Healthcare Directives Registry will be present to help attendees document and register their advance directives.

**March 6th 9 - 1 P.M.**
**City of Chandler Senior Expo**
**Chandler Community Center**
**125 E. Commonwealth Avenue**
**Chandler, AZ 85225**

### Cowboy Poet Rolf Flake

**Continued from pg. 20**

Rolf and his wife Jean of 70 years have treasured the many cowboy friends they have made at gatherings, which feel more like reunions. Most abide by a common cowboy code of ethics with basic rules such as "If it's not yours, don't take it" and "Show up every morning and do what needs to be done." Family-friendly poetry is the expected standard.

*Good neighbors are an asset*
*That any ranch can claim.*
*You can't list them on your statement,*
*But they're an asset just the same.*

Many respond—thanks, Rolf, for the tears, for the laughter, for preserving Arizona's cowboy roots.

Find Rolf Flake on Facebook. Books available on Amazon.

## VALLEY TEMPLE SCHEDULES

### Additional Information:

- Appointments for proxy ordinances are encouraged. Patrons without appointments are also welcome, but may be asked to wait for an opportunity to participate. To schedule or modify a proxy appointment, visit your temple's information at https://www.churchofjesuschrist.org/temples
- Patrons are encouraged to bring their own temple clothing.
- Ordinances for family names must be done in proper sequence—baptism, confirmation, Melchizedek Priesthood ordination (males), initiatory, endowment, and then sealing. Please allow sufficient time to perform all the ordinances you wish to complete during your visit. For additional help and information, please call the temple.
- Please contact the temple for more information or if you have special circumstances or needs.
- Temple websites can be found by searching churchofjesuschrist.org/temples

### Gilbert Arizona Temple

3301 S. Greenfield Rd, Gilbert, AZ, 85297
**(1) 480-822-5000**
**Services:** Clothing rental available. No Cafeteria

**Closures 2024**
Monday, 1 April 2024 - Monday, 15 April 2024
Thursday, 4 July 2024
Monday, 30 September 2024 - Monday, 14 October 2024

### Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014
**(1) 480-833-1211**
**Services:** Clothing rental available. No Cafeteria

**Closures 2024**
Monday, 26 February 2024 - Monday, 11 March 2024
Monday, 18 March 2024 - Saturday, 30 March 2024 (Limited Operations)
Saturday, 6 April 2024
Thursday, 4 July 2024

### Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85310
**(1) 623-474-9500**
**Services:** No clothing or cafeteria

**Closures 2024**
Saturday, 6 April 2024
Monday, 20 May 2024 - Monday, 3 June 2024
Thursday, 4 July 2024
Saturday, 5 October 2024

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